

WHAT'S *your* RISK?

Here is a quick quiz to find out your risk of a heart attack. If you don't know some of the answers, check with your health care provider.

	Yes	No	Don't Know
Do you smoke?			
Is your blood pressure 140/90 mmHg or higher, OR have you been told by your doctor that your blood pressure is too high?			
Has your doctor told you that your total cholesterol level is 200 mg/dL or higher, OR your HDL (good cholesterol) is less than 40 mg/dL?			
Has your father or brother had a heart attack before age 55, OR has your mother or sister had one before age 65?			
Do you have diabetes OR a fasting blood sugar of 126 mg/dL or higher, OR do you need medicine to control your blood sugar?			
Are you over 55 years old?			
Do you have a body mass index (BMI) score of 25 or more? (To find out, see page 35.)			
Do you get less than a total of 30 minutes of physical activity on most days?			
Has a doctor told you that you have angina (chest pains), OR have you had a heart attack?			

If you answered "yes" to any of these boxes, you're at an increased risk of having a heart attack. Read on to learn what you can do to lower your risk.